

S.No.	Danish name (literal translation)	Self-appellation in English	Seat of administration (largest city if different)	Chairman	Population (2022-01-01)	Total area (km)	Population density (per km)	Former counties (1970–2006)
1	Region Hovedstaden ("Capital City Region")	Capital Region of Denmark	Hillerød (Copenhagen)	Lars Gaardhøj	1,867,948	2,546.3	733.59	Counties: Copenhagen, Frederiksberg; municipalities: Copenhagen, Frederiksberg, Bornholm
2	Region Midtjylland ("Mid Jutland Region")	Central Denmark Region	Viborg (Aarhus)	Anders Kühnau	1,341,857	13,000.2	103.21	Ringkjøbing, nearly all of Århus, the southern part of Viborg and the northern part of Vejle
3	Region Nordjylland ("North Jutland Region")	North Denmark Region	Aalborg	Mads Duedahl	591,740	7,874	75.15	North Jutland, the northern part of Viborg County and a small part of Århus County
4	Region Sjælland ("Region Zealand")	Region Zealand	Sorø (Roskilde)	Heino Knudsen	843,513	7,217.8	116.86	Roskilde, Storstrøm, and West Zealand
5	Region Syddanmark ("Region of Southern Denmark")	Region of Southern Denmark	Vejle (Odense)	Stephanie Lose	1,228,362	12,191	100.75	Funen, Ribe, South Jutland and the southern half of Vejle County

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